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SUNY Cortland

Red Dragons

2003-04 TEAM GUIDE



Cortland

State University of New York College at Cortland

WOMEN'S TRACK & FIELD

2003-04 Preview

Fifth-year head coach Jennifer Potter has her sights set on the 2003-04 season, where she expects her indoor and outdoor teams to return to the top of the SUNYAC and make their impressions at the national meets. With key competitors in a variety of events returning and some new talent ready to bolster the roster, Potter has every reason to be optimistic.

Seniors Stephanie Bailey and Kerri Gannon lead the way in sprints. Bailey is a two-time All-American as a member of relay teams and set the school indoor record in the 300 meters (42.52) that Gannon eventually broke (42.38). Both Bailey and Gannon are members of relay squads that set school records in the 4 x 100 (47.90) and 4 x 200 (1:43.94). Gannon also holds the indoor school record in the 400 meters (57.94) and was a member of the record-setting outdoor 4 x 400 relay team (3:50.81). A three-time All-American in relay events, Gannon has three individual and three relay SUNYAC titles.

Sophomore Andria Gentile captured the indoor SUNYAC title in the 55-meter hurdles (8.55) and qualified for the national meet, where she placed 11th with a time of 8.50 seconds. Gentile also finished third in the 100-meter hurdles at the 2003 SUNYAC Outdoor Championships. Junior Jackie Ferrentino was a member of the indoor and outdoor All-ECAC 4 x 400 relay squads that recorded NCAA provisional qualifying times.

The Red Dragons have a strong group of middle distance and distance runners returning for the 2003-04 season. Senior Annessa Melnick has captured second place in the 500 meters at the SUNYAC indoor meet two straight years. Last season, she was a member of the winning 4 x 800 relay team that set a meet record (9:34.55) at the SUNYAC indoor meet. She has also had strong showings in both the 400 and 800-meter events, running a personal-best 2:15.42 in the 800 at the outdoor Princeton Invitational, which was also an NCAA provisional qualifying time. Sophomore Brianne Capasso was on the winning 4 x 800 relay squad and also placed second in the 1,000 meters (3:01.21) at the 2003 SUNYAC indoor meet and competed in the 800 and 1,500 meters at the SUNYAC outdoor meet. Seniors Betsy Schultz, Becca Foulger and Kristen Gott give Cortland depth in distance events. Schultz continues to improve in the 3,000 and 5,000 meters and was an NCAA provisional qualifier and set the school record in the 3,000-meter steeplechase (11:54.59) in 2002. Both Foulger and Gott are versatile competitors who can compete in multiple events at meets, from 500 to 5,000 meters.

Several field event athletes are back for 2003-04, giving the Red Dragons team balance. Junior Kerri Trendowicz has captured two SUNYAC titles in the shot put and earned All-ECAC honors in the shot put at both the 2003 indoor and outdoor meets and the shot put and discus at the outdoor meet. She



Senior Annessa Melnick posted a personal best and NCAA provisional qualifying time in the 800 meters at the outdoor Princeton Invitational in 2003.

also has scored well in the javelin at outdoor meets. Senior Theresa DiFabio is a multi-event competitor in throws who has steadily increased her distances since her freshman year. Junior Tara Amato is a specialist in the javelin and bettered her own school record (106' 4.5") in 2003.

Junior pole vaulter Jen Hart has consistently cleared 10 feet in her career, winning a SUNYAC indoor title in 2002 and setting school records in both the indoor and outdoor pole vault that same season. Hart finished second in the event at the 2003 SUNYAC indoor meet, in which Cortland swept the top four spots, and tied a meet record. Sophomore Megan Kelly had a strong outdoor season in the pole vault, establishing a new school mark (10' 1"), eclipsing Hart's record by one inch. Sophomore Jordan Dawson was part of the Cortland sweep, placing fourth, in the pole vault (9' 6.25") at the SUNYAC indoor meet and also finished fourth in the triple jump (32' 4.25") at the 2003 outdoor meet.

The duo of junior Christine Post and sophomore Liz Varland had success in the high jump last season. Post finished fourth at the 2003 SUNYAC indoor meet, clearing 5' 1", while Varland took second at the outdoor meet.

The 2003-04 Cortland Women's Track and Field Guide was written and edited by Associate SID Dan Surdam. Front cover action photography and back cover team photograph by Darl Zehr Photography of Cortland. The guide was printed by Graphics Plus Printing of Cortland, N.Y.

ON THE COVER: (Top) Brianne Capasso scored in three events at the 2003 SUNYAC indoor meet and two events at the outdoor meet. (Bottom) Kristin Boniello competed in the high jump during the 2003 indoor and outdoor seasons.



Junior Kerri Trendowicz won the shot put title at the 2003 SUNYAC Indoor Championships.

Coaching Staff



JENNIFER POTTER HEAD COACH

Jennifer Potter begins her fifth season as Cortland's women's track and field coach in 2003-04. Last season, both Potter's indoor and outdoor squads finished second at the State University of New York Athletic Conference (SUNYAC) championships.

Potter has led the Red Dragons to three indoor and three outdoor SUNYAC crowns in her first four seasons and her athletes have won 66 individual and relay titles at the conference meets. She has coached 57 National Qualifiers and 39 All-Americans and her squads have broken 12 indoor and 14 outdoor records during her tenure. Potter has also worked with the men's sprinters and hurdlers for four seasons. Under her direction, they have claimed 16 SUNYAC titles and broken two school records.

Potter was named the SUNYAC Women's Indoor/Outdoor Track and Field Coach of the Year and Atlantic Region Women's Indoor Track and Field Coach of the Year in her first three seasons. She was also honored as the Outdoor Track and Field Coach of the Year in 2001 and 2002 by the United States Track Coaches Association.

Potter came to Cortland from Division I Central Michigan University, where she was an assistant coach and recruiting coordinator for the Chippewas' women's cross country and track and field teams.

Potter was head cross country and track and field coach at Hartwick College from 1994-98. She elevated both the men's and women's cross country and track programs from last place to third place in their conference. She coached numerous national qualifiers in both sports, including 1998 NCAA Division III outdoor high jump champion Maria Megnin.

Potter is a 1992 graduate of Ithaca College, where she received a Bachelor of Science in Physical Education Teaching (K-12). As an undergraduate she was a four-year indoor and outdoor track and field letterwinner for the Bombers. She captured All-America honors in the 1,600-meter relay at the 1991 NCAA Outdoor Championships. She was also an NCAA Division III outdoor qualifier in the 400-meter hurdles in both her junior and senior years.

She later earned a Master of Science in Physical Education from Division I Marshall University (W.Va.) in 1994 while serving as graduate assistant coach for cross country and track and field for two seasons. Responsible for training the sprinters and hurdlers on the men's and women's track teams, Potter coached Thundering Herd athletes to five school record-setting performances.

Potter is a native of Schenectady, N.Y., and a graduate of Niskayuna High School. She is a Level I instructor and Level I and Level II (jumps and sprints/hurdles) certified coach by USA Track and Field and serves as hurdle clinician at the "Elite Series" track and field clinic.

ASSISTANT COACHES



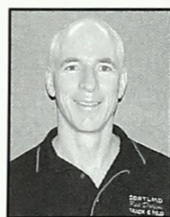
JOHN CRAWFORD enters his second season working with the Red Dragons' distance runners. Crawford is the head coach of the men's indoor and outdoor track and field teams at Cortland and coached the cross country teams in 2002.

Prior to his arrival at Cortland, Crawford was the assistant men's and women's track and field coach at Division I Virginia Military Institute. He served as the head coach of the men's and women's cross country teams at Seattle University from 1992-99, where he coached three NAIA All-Americans. A 1974 graduate of Geneva College (Pa.), Crawford was a three-sport athlete and coached the cross country team during his four years.



LARRY CZARNECKI, who coaches the Red Dragon throwers, is no stranger to Cortland track and field. As interim head coach during the 1998-99 season, he led the women's team to SUNYAC indoor and outdoor championships and was named the league's Coach of the Year. He took over as full-time head coach of the men's track and field team from 2000-02 and guided the squad to back-to-back SUNYAC outdoor titles, the first since 1997.

Czarnecki, an Ithaca College graduate, has coached numerous All-Americans and national qualifiers, including 2001 NCAA Division III national outdoor high jump champion Mark Mirabito. Of Cortland's 24 men's and women's indoor/outdoor field event records, 21 of them were achieved under his guidance. He was Cortland's assistant track and field coach from 1978-85 and served four seasons as head football coach in the 1980's. Czarnecki returned to his alma mater in 1985, where he spent 13 seasons as an assistant football and track and field coach before returning to Cortland. He is currently the Red Dragons' football offensive coordinator and offensive line coach.



PETER MCGINNIS enters his 15th season working with the Cortland pole vaulting squad. Since his arrival in 1990, Cortland's pole vaulters have ranked among the best in the state in Division III and have dominated SUNYAC competition.

McGinnis is a graduate of Swarthmore College, where he competed for three seasons on the varsity track team in the pole vault. He garnered All-America honors in 1975 at the NCAA Division III Championships and still holds the school record in the event. He has done volunteer coaching stints at the U.S. Air Force Academy, Oregon, Illinois and Northern Colorado. McGinnis is currently a member of USA Track and Field's Sports Science Committee as a biomechanist for the pole vault.



SHAWN WILBOURN, a former NFL player and nationally-regarded decathlete, enters his second season as a member of Potter's staff as the jumps coach. Wilbourn earned All-Big West football honors as a free safety and competed in the decathlon at Long Beach State. He was a 1996 Olympic trials finalist in the decathlon and a member of the 1997 USA National Track and Field Team.

In 2000, Wilbourn was an assistant coach for speed development at Arizona State, making the school the first university in the country to employ a full-time staff member specializing in speed enhancement. He served as an assistant track and field coach at his alma mater from 1995-98 and has been an assistant coach at both Millikan (1998-99) and St. Anthony's (1993) High Schools in Long Beach. He is currently the defensive backs coach for the Cortland football team.

2003-04 Preseason Roster

Name	Yr.	Event(s)	Hometown	High School
Christina Acquaviva	Fr.	Hurdles	Utica	Thomas R. Proctor
Stephanie Bailey	Sr.	Sprints	Victor	Victor
Kristin Boniello	So.	Jumps	Katonah	Somers
Kathleen Brody	Fr.	Throws	Appalachin	Vestal
Melina Buck	Fr.	Hurdles	Amherst	Amherst
Brianne Capasso	So.	Distance	Corinth	Corinth
Larina Chodan	Fr.	Throws	Amenia	Webetuk
Jordan Dawson	So.	Pole Vault/Jumps	Buffalo	Depew
Theresa DiFabio	Sr.	Throws	Syracuse	Westhill
Lauren Eigenbrodt	So.	Sprints/Hurdles	Chatham	Chatham
Jessie Ellis	Fr.	Sprints	Springville	Springville Griffith Inst.
Amanda Failing	So.	Pole Vault	Pearl River	Pearl River
Jackie Ferrentino	Jr.	Sprints	Buffalo	West Seneca East
Becca Foulger	Sr.	Distance	Watertown	South Jefferson
Nicole Fruscella	Fr.	Pole Vault/Distance	Barneveld	Holland Patent
Kerri Gannon	Sr.	Sprints	Sparkill	Tappan Zee
Andria Gentile	So.	Sprints/Hurdles	Middletown	Minisink Valley
Boogie Germano	Jr.	Distance	Brightwaters	Bay Shore
Rachel Glod	Jr.	Throws	Waterville	Mohawk Valley CC
Kristen Gott	Sr.	Distance	East Syracuse	East Syracuse-Minoa
Tara Gourdine	Fr.	Sprints	Fairport	Fairport
Abby Grabow	So.	Sprints/Jumps	Bolivar	Bolivar-Richburg
Angela Granger	So.	Distance	Pike	Letchworth
Amy Hand	Fr.	Throws	Wallkill	Valley Central
Deanna Hand	So.	Sprints	West Seneca	West Seneca West
Jen Hart	Jr.	Pole Vault	Newark	Newark
Lindsay Hoest	Fr.	Sprints	Northport	Northport
Megan Kelley	So.	Pole Vault/Hurdles	Wallkill	Wallkill
Michaela Kenwood	So.	Pole Vault	Cumberland, RI	Cumberland
Tiffany Lancaster	Fr.	Pole Vault	Ballston Lake	Shenendehowa
Caitlin Litz	Fr.	Middle Distance	Depew	Depew
Ellen Luber	Fr.	Hurdles	Fayetteville	Fayetteville-Manlius
Kerri McConville	Jr.	Multi	Craryville	Herkimer CC
Annessa Melnick	Sr.	Sprints/Middle Distance	Accord	Rondout Valley
Amanda Mercer	Fr.	Middle Distance	Rushville	Marcus Whitman
Melissa Palulis	Fr.	Sprints	Salem	Salem Central
Christine Post	Jr.	Jumps/Multi	Walden	Valley Central
Tiff Remington	Jr.	Jumps	Montrose, PA	Montrose Area
Jamie Ross	Fr.	Sprints	Ballston Lake	Burnt Hills-Ballston Lake
Betsy Schultz	Sr.	Distance	Akron	Akron
Laura Sheldon	So.	Sprints	Cheektowaga	West Seneca East
Kathleen Steenburgh	Fr.	Sprints	Victor	Fairport
Nicole Stuart	Fr.	Sprints/Jumps	Tupper Lake	Tupper Lake
Meg Thompson	So.	Throws	Cornwall	Cornwall
Kerri Trendowicz	Jr.	Throws	Orangeburg	Tappan Zee
Liz Varland	So.	Jumps	Batavia	Batavia
Bree Zogaria	Fr.	Distance	Depew	Depew

Head Coach: Jennifer Potter (*Ithaca '92*), 5th Year

Assistant Coaches: Shawn Wilbourn (jumps), Peter McGinnis (pole vault), John Crawford (distance), Larry Czarnecki (throws)



C O R T L A N D

Athlete Profiles



TARA AMATO
Junior, Throws
Marlboro, New York

Tara broke her own school record in the javelin for new specifications (106' 4.5") while placing first at the 2003 Ithaca Open Invitational... Established a school record in the javelin for new specs (102' 5") at the 2001 West Point Invitational... Placed third in the javelin (93' 11") at the 2001 SUNYAC Outdoor Championships... **Other:** 2000 Empire State Games bronze medalist in the javelin... **High School:** A 2000 graduate of Marlboro, where she was awarded the Joe Toombs Memorial Scholarship... Lettered in soccer, basketball and track... Section Nine javelin champion... School record holder in the event (109' 8")... Also competed in the long jump... **Parents:** Joanne and Davis Rocket **Brothers/Sisters:** Ryan.



STEPHANIE BAILEY
Senior, Sprints
Victor, New York

Stephanie placed fourth in the 200 meters (26.55), sixth in the 500 meters (1:22.30) and 10th in the 55 meters (7.76) at the 2003 SUNYAC Indoor Championships... Member of the 4 x 400 relay team that finished second at the meet... Captured second in the 200 meters (26.35), fourth in the 400 meters (1:00.94) and sixth in the 100 meters at the 2003 SUNYAC outdoor meet... Member of second-place 4 x 100 relay squad at the meet... Finished eighth in the 55 meters and 200 meters at the 2002 SUNYAC Indoor Championships... Member of school-record setting 4 x 200 relay team (1:43.94) that captured first place at the ECAC Indoor Championships... Earned All-America honors with Cortland's 4 x 100 relay team (school-best 47.90 in prelims) at the 2002 NCAA Division III Outdoor Championships... Finished fifth in the 200 meters and seventh in the 100 meters at the 2002 SUNYAC Outdoor Championships... Earned All-America honors as a freshman as a member of the 4 x 400 relay team at the NCAA Division III indoor championship meet... Set the school indoor record in the 300 meters (42.52) and was a member of the record-setting 4 x 400 relay squad... Finished second in the 200 meters and ran on winning 4 x 400 relay team at the 2000 SUNYAC Outdoor Championships... **High School:** Graduated from Victor Central in 1999... Member of three Section Five, Class B indoor track and field championship teams... Won 1999 state Class B title as a member of 4 x 100-meter relay team... Received the Barney Lynaugh Athletic Award... **Other:** Member of Dean's List at Cortland... **Parents:** Cindy Bailey and Jim Przepiora.



THERESA DiFABIO
Senior, Throws
Syracuse, New York

Theresa had personal bests in the weight throw (31' 4.75") and the shot put (31' 4.5") at the 2003 SUNYAC Indoor Championships... Placed 10th in the discus (102' 2") and hammer throw (113' 3.5") at the 2003 SUNYAC outdoor meet... Finished 10th in the shot put (30' 8.25") at the 2002 SUNYAC Indoor Championships... Placed seventh in the discus (106' 1.5"), ninth in the shot put (29' 11.75") and 14th in the hammer throw (87' 2") at the 2002 SUNYAC outdoor meet... **High School:** Graduated from Westhill in 2000, where she won the William Haus Award... Competed in throws for five years on track and field team... All-league performer and second at state qualifier... Played middle linebacker on football team, becoming

the first female to ever play in a varsity game... **Parents:** Julie and Joe DiFabio **Brothers/Sisters:** Joe, Erin.



JACKIE FERRENTINO
Junior, Sprints
Buffalo, New York

Jackie was a member of the second-place 4 x 400 relay team (4:03.38) at the 2003 SUNYAC indoor meet... Also placed seventh in the 500 meters (1:23.33)... Member of All-ECAC indoor 4 x 400 relay squad... On 4 x 400 relay team that finished second (4:06.87) at the 2003 SUNYAC Outdoor Championships and sixth (4:00.44) at the ECAC outdoor meet... Competed in three events at the 2002 Indoor SUNYAC Championships, placing fourth in the 400 meters and 10th in the 200 meters... Member of winning 4 x 400 relay team... Placed ninth in the 400 meters at the 2002 SUNYAC Outdoor Championships... **High School:** A 2001 graduate of West Seneca East... Four-year letterwinner on indoor and outdoor track and field teams... Indoor Team MVP as a junior and senior and outdoor MVP as a senior... Set school record in indoor 600 meters... Member of three record-holding relay teams... **Other:** Uncle Matty Ferrentino played football at the University at Buffalo... **Parents:** Sandra and Thomas Ferrentino **Brothers/Sisters:** April, Katie.



BECCA FOULGER
Senior, Distance
Watertown, New York

Becca placed sixth in the 5,000 meters (19:00.11) and 10th in the 3,000 meters (11:28.38) at the 2003 SUNYAC Indoor Championships... Competed in the 5,000 meters at the 2003 ECAC indoor meet... Member of the second-place distance medley relay team (13:22.77) at the 2002 SUNYAC indoor meet... Finished sixth in the 1,500 meters (5:14.24) at the 2002 SUNYAC outdoor meet... Member of the third-place distance medley relay team (13:30.91) at the 2001 SUNYAC indoor meet... **High School:** A 2000 graduate of South Jefferson, where she was an honor athlete... Three-year member of the indoor and outdoor track and field teams... Three-time all-star in outdoor track... Four-year participant and four-time all-star in cross country... **Other:** Member of Cortland's cross country team... **Parents:** Tina and Marc Foulger **Brothers/Sisters:** Kyle, Natalie.



KERRI GANNON
Senior, Sprints
Sparkill, New York

Kerri defended her title in the 400 meters at the 2003 SUNYAC Indoor Championships, breaking her own meet record with a time of 58.55... Placed second in the 200 meters (26.10), sixth in the 55 meters (7.53, 7.51 prelims) and was a member of the second-place 4 x 400 relay team (4:03.38)... Finished fifth in the 400 meters (58.64) at the 2003 ECAC Indoor Championships... Broke her own indoor school record in the 400 meters (57.94) at the NYU FastTrack Invitational... Captured first in the 400 meters (59.34) and third in the 200 meters (26.60) at the 2003 SUNYAC outdoor meet... Competed in the 400 meters and as a member of the 4 x 100 and 4 x 400 relay teams at the 2003 ECAC outdoor meet... Set two school records (42.38 in the 300 meters, 58.11 in the 400 meters) and was a member of a record-setting 4 x 200 relay team (1:43.94) during the 2002 indoor season... Earned All-

Athlete Profiles

America honors as part of third place 4 x 400 relay team and placed 13th in the 400 meters at the 2002 NCAA indoor championship meet...Set a meet record (58.80) in winning the 400 meters at the 2002 SUNYAC Indoor Championships...Also was a member of the winning 4 x 400 relay team and placed second in the 200 meters with a season-best 26.03...Member of two winning relays at 2002 ECAC championship meet...Two-time outdoor All-American in 2002 as a member of 4 x 100 (school-record 47.90 in prelims) and 4 x 400 (school-record 3:50.81 in prelims) relay teams...Competed in four events at the 2002 SUNYAC Outdoor Championships...Member of the winning 4 x 100 and 4 x 400 relay teams that set meet records...Placed second in the 200 meters (season-best 25.68) and the 400 meters (58.47)...**Prior to Cortland:** Attended Fordham University...Member of 4 x 400 relay team that set a school record...**High School:** Graduated from Tappan Zee in 2000, where she was a member of the National Honor Society and three-year class vice president...Four-year letterwinner in track and cross country...Four-year all-league, two-time all-county and three-time team MVP in track...Two-time all-league and team MVP in cross country...**Other:** Qualified for the Empire State Games four times...Member of Dean's List at Cortland...**Parents:** Diane and Jerry Gannon **Brothers/Sisters:** Jim.



Sophomore Andria Gentile qualified for the NCAA Division III Indoor Championships in the 55-meter hurdles last season.



KRISTEN GOTT
Senior, Distance
East Syracuse, New York

Kristen finished 11th in the 500 meters (1:27.20) at the 2003 SUNYAC Indoor Championships...Placed 10th in the 3,000-meter steeplechase (13:00.82) at the 2003 SUNYAC outdoor meet...Captured fifth place in

the 1,000 meters (3:18.35) and was a member of the second-place distance medley relay team (13:22.77) at the 2002 SUNYAC indoor meet...Finished 10th in the 800 meters at the 2002 SUNYAC outdoor meet...Member of the third-place distance medley relay team (13:30.91) and finished 11th in the 800 meters at the 2001 SUNYAC Indoor Championships...**High School:** A 2000 graduate of East Syracuse-Minoa, where she was a member of the National Honor Society...Four-year member of indoor and outdoor track and field teams...Team captain as a senior...Two-year member of cross country team...Named Team MVP as a junior and senior...**Other:** Member of Cortland's cross country team...**Parents:** Sharon and Jim Gott **Brothers/Sisters:** Jen, Derek.



JEN HART
Junior, Pole Vault
Newark, New York

Jen captured second in the pole vault (10' 0") and seventh in the high jump (5' 1") at the 2003 SUNYAC Indoor Championships...Cleared 10' 0" at the indoor Cornell Relays...Placed seventh in the high jump (4' 8") at the 2003

SUNYAC outdoor meet...Won the pole vault at the 2002 SUNYAC Indoor Championships with a meet and school-record height of 10' 0"...Finished second at the Meet at Ithaca College and established an outdoor school record with a vault of 9' 6.25"...Equalled that mark with a second-place showing at the 2002 SUNYAC Outdoor Championships...Also placed 10th in the high jump...Set the school record in the pole vault (10' 0") at the ECAC outdoor meet...**Prior to Cortland:** Attended Kent State University in the fall of 2001, where she competed in the pole vault on the indoor track and field team...**High School:** A 2001 graduate of Newark High, where she was a member of the high



ANNESSA MELNICK
Senior, Middle Distance
Accord, New York

Annessa captured second in the 500 meters (1:20.68), fourth in the 800 meters (2:24.09) and was a member of the winning 4 x 800 relay team that set a meet record (9:34.55) at the 2003 SUNYAC Indoor Championships...Finished

fifth in the 800 meters (2:21.98), seventh in the 400 meters (1:01.40) and was a member of the second-place 4 x 400 relay squad (4:06.87) at the 2003 SUNYAC outdoor meet...Placed fifth in the 800 meters (2:15.98) and was a member of the sixth-place 4 x 400 relay team (4:10.44) at the 2003 ECAC Outdoor Championships...Ran a personal-best and NCAA provisional qualifying time of 2:15.42 in the 800 meters at the 2003 Princeton outdoor meet...Finished second in the 500 meters (1:19.84) and helped 4 x 800 team to a second-place finish (9:48.00) at the 2002 SUNYAC indoor meet...Placed 13th in the 500 meters (1:22.53) at the 2002 ECAC indoor event...Competed in the 200 meters and was a member of the third-place distance medley relay team (13:30.91) at the 2001 SUNYAC indoor meet...Placed ninth in the 400 meters (1:04.80) and 12th in the high jump (4' 6") at the 2001 SUNYAC outdoor meet...**High School:** A 2000 graduate of Rondout Valley, where she was named Athlete of the Year...Four-year participant in track and field and cross country...Finished third in state meet in 400 meters as a junior...**Other:** Member of Cortland's cross country team...**Parents:** Monica and Paul Melnick **Brothers/Sisters:** April, Autumn, Adrian.

Athlete Profiles



CHRISTINE POST Junior, Jumps/Multi Walden, New York

Christine finished fourth in the high jump (5' 1") and ninth in the long jump (16' 1") at the 2003 SUNYAC Indoor Championships...Placed fourth in the high jump (4' 11") and 10th in the long jump (15' 10.25") at the 2002 SUNYAC Indoor Championships...Finished fourth in the pentathlon at the ECAC indoor championship meet...Won the high jump title at the 2002 SUNYAC Outdoor Championships (season-best 5' 2.25") and tied for 10th in the long jump...Placed second in the Heptathlon at Ithaca College...**High School:** Graduated from Walden Central in 2001...New York State Scholar Athlete and member of the honor roll...Four-year participant on track and field team...Indoor and outdoor section and county champion in the triple jump...Placed second and sixth in the triple jump in the 1999 and 2000 indoor state meet, respectively...Member of swimming and diving team for one season and tennis team for two years...**Other:** Competed in the 2000 Empire State Games, placing second in the triple jump and fourth in the high jump...**Parents:** Lena and Russell Post **Brothers/Sisters:** Michele.



BETSY SCHULTZ Senior, Distance Akron, New York

Betsy placed fourth in the 5,000 meters (18:44.49) and sixth in the 3,000 meters (11:00.44) at the 2003 SUNYAC indoor meet...Finished 16th in the 5,000 meters (18:40.66) at the 2003 ECAC Indoor Championships...Placed second in the 5,000 meters (18:54.94) at the 2002 SUNYAC Indoor Championships...Finished 15th in the 5,000 meters at the 2002 ECAC indoor meet...Ran a season-best 10:55.88 in the 3,000 meters at Cornell's Robert J. Kane indoor meet...Placed second in the 3,000-meter steeplechase (NCAA provisional 11:54.59) at Moravian outdoor meet as the first-ever Cortland competitor to run in the event...Placed third in the steeplechase and eighth in the 5,000 meters at the 2002 outdoor SUNYAC meet...Finished fourth in the 5,000 meters and ninth in the 3,000 meters at the 2001 SUNYAC Outdoor Championships...**High School:** A 2000 graduate of Akron Central, where she was a member of the National Honor Society...Received Jan Williams/Akron Rule and Akron Faculty Scholarships and Jim Downey Award...Three-time team MVP and four-time state meet competitor in cross country...Six-year sectional qualifier in track...Five-year member of the swim team...**Other:** Competes on Cortland's cross country team...**Parents:** Deborah and Kevin Schultz **Brothers/Sisters:** Kelly.



KERRI TRENDOWICZ Junior, Throws Orangeburg, New York

Kerri placed second in the shot put (39' 4.5") at the 2003 SUNYAC Indoor Championships...Earned All-ECAC honors with a fifth-place finish in the shot put (41' 4") at the ECAC indoor meet...Won the shot put title (40' 5.75") and placed third in the javelin (97' 4.25") and fifth in the discus (112' 7") at the 2003 SUNYAC outdoor meet...Finished sixth in the shot put (39' 5.25") and seventh in the discus (119' 7") at the 2003 ECAC Outdoor Championships...Captured first in the shot put (40' 8.5") at the 2002 SUNYAC Indoor Championships...Finished third in the shot put at the Last Chance Meet hosted by Seton Hall with a season-best 41' 6.75"...Placed



Senior Kerri Gannon, a two-time All-American, holds indoor school records in the 300 and 400 meters.

10th at the ECAC indoor championship meet...Captured second in the shot put (season-best 39' 10") and the discus and fourth in the javelin at the 2002 SUNYAC Outdoor Championships...Placed 14th in both the shot put and discus at the 2002 ECAC outdoor meet...**High School:** Graduated from Tappan Zee in 2001...Four-year member of the indoor and outdoor track and field teams...Four-time all-league and all-county in both the shot put and discus...Ranked in the top five in the state in both events...Honorable mention outside hitter on the volleyball team...**Other:** Placed seventh in the shot put and the discus at the 2000 Empire State Games...**Parents:** Sharon and Stan Powers, Leo Trendowicz **Brothers/Sisters:** Leo.

BRIANNE CAPASSO Sophomore, Distance Corinth, New York

Brianne was a member of the first-place 4 x 800 relay team that set a meet record (9:34.55) at the 2003 SUNYAC Indoor Championships...Also placed second in the 1,000 meters



The Red Dragons collected 192 coats that were donated to Catholic Charities as part of their Team Community Project last season.

Athlete Profiles

(3:01.21) and fifth in the 1,500...Finished 15th in the 1,500 meters at the 2003 ECAC indoor meet...Captured fourth in the 1,500 (4:46.86) and sixth in the 800 meters (2:23.09) at the 2003 SUNYAC Outdoor Championships...Took 13th in the 1,500 (4:48.22) at the 2003 ECAC Outdoor Championships...**High School:**

A 2002 graduate of Corinth...Six-year member of the track and field team...Class C/D state champion in the 800 meters in 1999...Placed second in the 800 and 1,500 meters at the 2000 state meet...Member of cross country team for five years...Finished eighth at 1998 state meet and 29th at 2000 Federation Meet...Played basketball for three seasons...Named Varsity Club Female Athlete of the Year as a junior and senior...**Parents:** Donna and Mike Briner, Lisa and Rick Capasso **Brothers/Sisters:** Brandon, Derek, Megan, Allison.

AMANDA FAILING

Sophomore, Pole Vault
Pearl River, New York

Amanda won the pole vault title at the 2003 SUNYAC Indoor Championships with a meet-record height of 10' 0" ...Captured first place and set a school record (10' 6") at the NYU Indoor Invitational...Placed first at Hamilton (9' 0") and Cornell (10' 3.5") indoor meets...**High School:** Graduated from Pearl River in 2002...All-league, all-county and all-section in track and field...Received Coaches Award...All-league, all-section and all-county selection in soccer...Named Most Improved and earned Coaches Award... **Parents:** Diane and John Failing **Brothers/Sisters:** Chris, Shawn, Amy.

ANDRIA GENTILE

Sophomore, Hurdles
Middletown, New York

Andria won the 55-meter hurdle title (8.55) and placed ninth in the 400 meters (1:03.94) at the 2003 SUNYAC indoor meet...Finished 10th in the 55-meter hurdles (8.74) at the 2003 ECAC Indoor Championships...Finished 11th in the 55-meter hurdles (8.50) at the NCAA Division III Indoor Championships...Placed third in the 100-meter hurdles (16.50, 15.39 prelims) at the 2003 SUNYAC Outdoor Championships...Also a member of the second-place 4 x 100 relay team (50.26)...**High School:** A 2002 graduate of Minisink Valley...Four-year member of the indoor and outdoor track and field teams...Set school and Section Nine



Sophomore Jordan Dawson helped Cortland sweep the top-four spots in the pole vault at the 2003 SUNYAC indoor meet, placing fourth with a height of 9' 6.25".



Senior Kristen Gott enters her fourth year of competition in the 2003-04 season. Gott is slated to compete in middle distance and distance events, including the 3,000-meter steeplechase.

record in the 55-meter hurdles...Three-time state qualifier in the event, finishing fifth as a junior and senior...Holds school records in 100 and 400-meter hurdles...Placed fifth in state in both events...Played midfield on the soccer team...**Other:** Competed in 1999 and 2000 Empire State Games...**Parents:** Shelly and Bennett Gentile **Brothers/Sisters:** Jenna, Garrett.

MEGAN KELLY

Sophomore, Pole Vault
Wallkill, New York

Megan placed third in the pole vault (9' 6.25") at the 2003 SUNYAC Indoor Championships...Cleared 9' 0" at East Stroudsburg indoor meet...Placed first and set an outdoor school record in the pole vault (10' 1") at the Ithaca College Open...

High School: A 2002 graduate of Wallkill...Four-year member of the track and field team...Set the school record in the pole vault...Three-year starting goalie on the soccer team...Won Coaches Award as a senior...Four-year member of gymnastics squad...Competed at states and named Team MVP as a sophomore and senior...Named Most Improved Performer as a freshman...**Parents:** Dianne and Thane Kelley **Brothers/Sisters:** Trevor.

For more information on the SUNY Cortland women's track & field program, please contact:

Jennifer Potter, Women's Track & Field Head Coach
SUNY Cortland, Park Center, P.O. Box 2000
Cortland, NY 13045
(607) 753-4907
potterj@cortland.edu
Web Site: <http://www.cortland.edu/athletics/track>

School Records (Updated through 2002-03 outdoor season)

INDOOR

Event	Record Holder	Time/Dist.	Year
55m	Tracey Armstead	6.9	1982
55m H	Andrea Spaulding	8.35	1985
200m	Kissie Pringle	25.60	2002
300m	Kerri Gannon	42.38	2002
400m	Kerri Gannon	57.94	2003
500m	Andrea Spaulding	1:16.70	1984
600m	Debbie Schmitt	1:30.00	1982
800m	Becky Bieber	2:11.22	1991
1,000m	Heidi Swarts	2:55.75	1997
1,500m	Vicki Mitchell	4:29.50	1991
Mile	Vicki Mitchell	4:51.83	1991
3,000m	Vicki Mitchell	9:34.55	1991
5,000m	Vicki Mitchell	16:46.30	1990
4x200m	S. Bailey, K. Gannon	1:43.94	2002
	C. Hirsch, K. Pringle		
4x400m	J. White, H. Papworth	3:51.80	2001
	K. Pringle, S. Speicher		
4x800m	B. Bieber, B. Hemmett	9:13.79	1991
	M. LaFleur, V. Mitchell		
DMR	P. Zoda, I. Lopez	12:04.80	1989
	V. Mitchell, J. Sparks		
High Jump	Susan Gracz	1.69m (5' 6.5")	1992
Pole Vault	Amanda Failing	3.20m (10' 6")	2003
Long Jump	Tracey Armstead	6.21m (20' 4.5")	1985
Triple Jump	Jennifer Sponenberg	11.24m (36' 10.5")	1993
Shot Put	Karen Hand	13.11m (43' 0")	1982
20-Pound Wt.	Kiana Peake	16.27m (53' 4.5")	2001
Pentathlon	Wendy Seaton	3,187 pts.	1991

OUTDOOR

Event	Record Holder	Time/Dist.	Year
100m	Tracey Armstead	11.7	1982
100m H	Jenn White	14.57	2002
200m	Tracey Armstead	24.2	1982
400m	Sarah Speicher	56.4	2002
400m H	Andrea Spaulding	1:00.83	1985
800m	Becky Bieber	2:11.25	1991
1,500m	Michelle LaFleur	4:28.4	1991
3,000m	Michelle LaFleur	9:28.10	1991
5,000m	Vicki Mitchell	16:16.20	1991
10,000m	Judy Sparks	35:12.32	1990
3,000m			
Steeplechase	Betsy Schultz	11:54.59	2002
4x100m	S. Bailey, K. Gannon	47.90	2002
	C. Hirsch, K. Pringle		
4x400m	K. Gannon, S. Speicher	3:50.81	2002
	M. Vitale, J. White		
4x800m	B. Bieber, M. LaFleur	9:08.53	1991
	B. Hemmett, V. Mitchell		
4x1,500m	V. Mitchell, B. Bieber	18:23.30	1991
	B. Hemmett, M. LaFleur		
High Jump	Judy Ingham	1.68m (5' 6")	1984
Pole Vault	Megan Kelley	3.07m (10' 1")	2003
Long Jump	Tracey Armstead	5.97m (19' 7")	1985
Triple Jump	Jennifer Sponenberg	11.54m (37' 10.5")	1994
Shot Put	Karen Hand	13.50m (44' 3.5")	1984
Discus	Kiana Peake	46.80m (153' 6")	2001
Hammer	Kiana Peake	44.88m (147' 3")	2001
Javelin	Lynda Lyman	44.73m (146' 9")	1976
Javelin			
(new specs)	Tara Amato	32.43m (106' 4.5")	2003
Heptathlon	Kitty Bacchiocchi	4,715 pts	1990



NCAA DIVISION III CHAMPIONSHIP FINISHES

Year	Place	Indoor	All-Americans*
1983	No championship		
1984	No championship		
1985	2nd	5	
1986	16th	1	
1987	DNP	--	
1988	24th	2	
1989	25th	3	
1990	3rd	5	
1991	1st	4	
1992	9th	7	
1993	5th	2	
1994	3rd	3	
1995	2nd	3	
1996	5th	2	
1997	10th	1	
1998	9th	2	
1999	DNP	--	
2000	24th	6	
2001	11th	5	
2002	T20th	5	
2003	No score	0	

Year	Place	Outdoor	All-Americans*
1983	3rd	7	
1984	4th	7	
1985	1st	4	
1986	28th	1	
1987	18th	1	
1988	29th	2	
1989	4th	5	
1990	2nd	8	
1991	2nd	6	
1992	11th	1	
1993	19th	2	
1994	16th	4	
1995	5th	5	
1996	5th	3	
1997	13th	1	
1998	7th	4	
1999	12th	1	
2000	47th	2	
2001	7th	6	
2002	T21st	7	
2003	DNP	--	

* Includes individuals who participated as part of relay teams

SUNYAC CHAMPIONSHIPS

Indoor: 1985, 1986, 1989, 1990, 1991, 1992, 1993, 1997, 1998, 1999, 2000, 2001, 2002

Outdoor: 1985, 1986, 1989, 1990, 1992, 1993, 1995, 1998, 1999, 2000, 2001, 2002

ECAC CHAMPIONSHIPS

Indoor: 1984, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997



All-Americans

INDOOR

Tracey Armstead	1985 55m, Long Jump
Stephanie Bailey	2000 1,600 relay
Becky Bieber	1988 800m 1990 800m 1991 800m
Marybeth Crawley	1989 3,000m 1990 3,000m
Julie Deenen	1992 1,600 relay
Keysha Fearon	1992 1,600 relay
Michelle Franklin	1998 1,500m
Kerri Gannon	2002 1,600 relay
Susan Gracz	1992 High Jump
Beth Hemmett	1991 1,500m 1992 1,500m 1993 1,500m
Mickey Kelly	1998 1,500m 2000 1,500m 2001 5,000m
Anne Knight	1985 1,500m, 3,000m 1986 1,500
Michelle LaFleur	1991 1,500m, 5,000m 1994 1,500m, 5,000m 1995 1,500m, 5,000m
Tracey McPherson	1988 Triple Jump
Tammie Miller	1992 5,000m 1993 1,500m, 5,000m 1994 1,500m
Vicki Mitchell	1989 1,500m 1990 1,500m 1991 1,500m, 5,000m
Hope Papworth	2000 1,600 relay 2001 1,600 relay
Kissie Pringle	2001 1,600 relay 2002 55m, 1,600 relay
Diane Schmitt	1985 3,000m
Cheryl Smith	2000 5,000m
Judy Sparks	1989 3,000m 1990 3,000m
Maryann Spahalski	1992 1,600 relay
Andrea Spaulding	1985 55mh Triple Jump
Sarah Speicher	2000 1,600 relay 2001 1,600 relay 2002 1,600 relay
Kathy Stock	1992 1,600 relay
Heather Swarts	1995 5,000m 1996 5,000m
Heidi Swarts	1994 1,500m 1995 1,500m 1996 1,500m 1997 1,500m
Diane Tuxill	1990 55mh
JoAnn Tymeson	1985 Shot Put
Jenn White	2000 1,600 relay 2001 1,600 relay 2002 1,600 relay

OUTDOOR

Tracey Armstead	1983 100m, 200m Long Jump 400 relay
	1984 100m, 200m 400 relay
	1985 100m, 200m Long Jump
Kitty Bacchiocchi	1988 Heptathlon 1990 Heptathlon 1,600 relay
Stephanie Bailey	2002 400 relay
Becky Bieber	1989 1,500m 1990 1,500m 1991 800m, 1,500m 1,600 relay
Ellyn Block	1983 10,000m 1984 5,000m, 10,000m
Marybeth Crawley	1989 5,000m
Julie Deenen	1990 1,600 relay 1991 400m, 1,600 relay
Ann Marie DelSignore	1993 10,000m
Julie Donnelly	1994 3,000m 1995 3,000m
Dorothy Donnolly	1994 10,000m 1995 10,000m, 5,000m
Michelle Franklin	1998 3,000m, 10,000m
Kerri Gannon	2002 400 relay 1,600 relay
Karen Hand	1984 Shot Put
Crystal Hirsch	2002 400 relay
Kathy Hoult	1983 400 relay 1984 400 relay
Judith Ingham	1983 High Jump 1984 High Jump
Mickey Kelly	1998 3,000m 2000 3,000m 2001 3,000m, 5,000m 10,000m
Anne Knight	1985 1500m
Melissa LaCasse	1983 1,500m, 3,000m
Michelle LaFleur	1991 3,000m, 1,500m 1994 10,000m 1996 5,000m, 10,000m 1998 400mh
Karen LaMora	
Cindy Lauzon	1996 10,000m 1997 5,000m, 10,000m 1998 10,000m
Iris Lopez	1990 1,600 relay
Tammie Miller	1992 3,000m 1993 3,000m 1994 3,000m
Vicki Mitchell	1990 3,000m 1991 5,000m, 10,000m
Peggy O'Brien	1984 400 relay
Celia Pannell	1983 400 relay 1984 400 relay
Hope Papworth	2001 1,600 relay
Kiana Peake	2001 Discus

Kissie Pringle	2001 1,600 relay 2002 .. 400 relay, 1,600 relay
Diane Schmitt	1985 10,000m
Barb Schmitt	1988 5,000m, 10,000m
Wendy Seaton	1990 Heptathlon
Mary Selleck	1989 10,000m
Cheryl Smith	1999 5,000m, 10,000m
Maryann Spahalski	1991 1,600 relay
Judy Sparks	1989 5,000m, 10,000m 1990 5,000m, 10,000m
Andrea Spaulding	1985 100mh, 400mh Triple Jump 1986 100mh, 400mh 1987 400mh
Sarah Speicher	2001 1,600 relay 2002 800m, 1,600 relay
Kathy Stock	1991 1,600 relay
Heather Swarts	1995 3,000m 1996 5,000m, 10,000m
Heidi Swarts	1995 3,000m 1996 1,500m, 3,000m
Tracey Swarts	1989 800m 1990 1,600 relay
Mirriah Vitale	2001 1,600 relay 2002 1,600 relay
Jenn White	2000 400mh 2002 400mh
Sue Yarsinke	1983 400 relay

National Champions

Tracey Armstead	1983 ... 100m (O), 200m (O) 1985 Long Jump (O/I) 55m (I)
Becky Bieber	1991 800m (I/O)
Marybeth Crawley	1990 3,000m (I)
Michelle Franklin	1998 1,500m (I) 3,000m (O) 10,000m (O)
Michelle LaFleur	1991 3,000m (O) 1994 1,500m (I) 1995 1,500m (I) 1996 5,000m (O)
Tammie Miller	1992 3,000m (O) 1993 3,000m (O) 1994 3,000m (O)
Vicki Mitchell	1990 1,500m (I) 3,000m (O) 1991 1,500m (I) 5,000m (I/O) 10,000m (O)
Andrea Spaulding	1985 400mh (O) 1987 400mh (O)
Heather Swarts	1986 5,000m (I)
Heidi Swarts	1996 1,500m (O) 3,000m (O) 1,500m (I) 1997 1,500m (I)
Cheryl Smith	1999 10,000m (O)

I - Indoor; O - Outdoor

State University of New York College at Cortland

Located atop one of the rolling hills in central New York's "City of Seven Valleys," the State University of New York College at Cortland was founded in 1868 as the Cortland Normal School, which included among its earliest students inventor and industrialist Elmer A. Sperry of Sperry-Rand Corp. fame.

Over the decades, the campus expanded and in 1941, by an act of legislature and the Board of Regents, the institution officially became a four-year college providing courses leading to the bachelor's degree. In 1948, Cortland was a founding member of the State University of New York.

Today, approximately 7,500 students are pursuing degrees within the College's two academic divisions — arts and sciences and professional studies. Twenty-three departments with a faculty of more than 400 offer the SUNY Cortland student body 70 majors and 44 minors from which to choose.

The College's main campus covers 191 acres and includes 30 traditional and modern buildings. Fourteen of these structures are residence halls providing on-campus housing for approximately 3,000 students. Cortland also operates its Outdoor Education Center at Raquette Lake in the Adirondacks, the Hoxie Gorge Nature Preserve outside Cortland, and the Brauer Memorial Geological Field Station on the Helderberg Escarpment near Albany.

At Cortland, athletics are viewed as having an important role in the educational mission of the College. During the fall, winter and spring seasons, Cortland participates in 25 intercollegiate sports — 14 women's and 11 men's — in an attempt to provide a broad program which meets the needs, interests and abilities of its students.

The Cortland athletic program placed 15th nationally out of 424 colleges and universities in the 2002-03 all-sport National Association of

Collegiate Directors of Athletics (NACDA) Directors' Cup Division III standings. The award was formerly known as the Sears Directors' Cup from 1995-2002. Cortland is the only New York school and one of only six nationwide to finish in the top 20 each of the last eight years. Since 1989, the Red Dragons have captured 12 NCAA Division III team titles.

The College offers its student-athletes excellent athletic facilities. The newly-constructed on-campus stadium features two artificial turf fields. One field seats 6,500 spectators, the other 1,500. The Cortland football, field hockey, men's and women's soccer, men's and women's lacrosse and men's and women's track and field teams are among those who utilize the facility, which the *New York Times* called "... a new stadium worthy of a major university power."

The Bessie L. Park Physical Education and Recreation Center, opened in 1973, features the Whitney T. Corey Gymnasium with a 3,500 seating capacity; the Olympic-sized Harriet Holsten swimming pool with gallery seating for 1,500; the Alumni Ice Arena, a facility which can accommodate 2,500 spectators; a 500-seat gymnastics arena, racquetball and squash courts, a wrestling room, modern athletic training facilities and the state-of-the-art Francis Woods Fitness Facility.

Nearby Clayton R. Lusk Field House, with its tartan-textured surface, is home for the indoor track teams, varsity practice sessions and recreational activities. Cortland's soccer teams play on T. Fred "Prof" Holloway Field, which has lights for night contests and newly installed bleachers. The College also has 22 outdoor tennis courts and two outdoor basketball courts and boasts Robert H. Wallace Field (baseball) and Dragon Field (softball) as part of its 51 acres of athletic fields.



R E D D R A G O N S



The 2002-03 Red Dragon Women's Track and Field Team (left to right): Front Row: Boogie Germano, Jyl MacNeal, Stephanie Bailey, Amanda Penepent, Stephanie Cotsifas, Erin Dinan, Joan Kelly, Jen MacNeal. Middle Row: Kerri Gannon, Deanna Hand, Andria Gentile, Angela Granger, Laura Sheldon, Michaela Kenwood. Back Row: Assistant Coach Kate Adams, Assistant Coach Shawn Wilbourn, Megan Kelley, Brianna Capasso, Kristen Gott, Jackie Ferrentino, Meg Thompson, Theresa DiFabio, Lauren Eigenbrodt, Tara Caley, Kristin Boniello, Jordan Dawson, Assistant Coach Kissie Pringle, Head Coach Jennifer Potter.